

# Perinatal Behaviors

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**Definition:** Self-reported data from the 1998-2000 Pregnancy Risk Assessment Monitoring System (PRAMS) on maternal behaviors and experiences before, during, and after pregnancy among Washington State residents who delivered live born infants. Perinatal behaviors include pre-pregnancy multivitamin use, breastfeeding, sleep position of infant, and postpartum birth control.

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## Key Findings

### Multi-Vitamin Awareness and Use

- ❖ From 1997-1999, approximately 73% of mothers reported having heard or read that folic acid could prevent some birth defects.<sup>1</sup>
- ❖ In 2000, PRAMS began asking mothers about taking multivitamins. In that year, an estimated 54% of mothers responded they did not take multi-vitamins (MVI) in the month before their pregnancy. Mothers who were least likely to take multi-vitamins were younger, Grant recipients, or other Medicaid recipients.<sup>1</sup>
- ❖ American Indian/ Alaska Natives, Blacks, and Asians were more likely than other races to report no multivitamins use prior to pregnancy and Hispanics were more likely than non-Hispanics to report no MVI use.<sup>1</sup>
- ❖ The Healthy People 2010 objective is for 80% of pregnancies to begin with an optimal folic acid level.<sup>2</sup>

### Breastfeeding

- ❖ From 1998-2000, about 67% of mothers breastfed their infants for 8 or more weeks while another 9% of mothers breastfed 4-7 weeks.<sup>1</sup>
- ❖ Mothers under age 20 (about 41%) were significantly less likely to breastfeed for 8+ weeks than other age groups, while mothers age 35 and older were significantly more likely to breastfeed (about 81%) that length of time than women under age 30.<sup>1,a</sup>
- ❖ Black and American Indian/Alaska Native mothers were less likely to breastfeed 8 or more weeks than mothers of other races.<sup>1</sup>
- ❖ The Healthy People 2010 objective is for 75% of mothers to breastfeed in the early postpartum period.<sup>2</sup>

### Sleep Position

- ❖ During 1998-2000, an estimated 66% of mothers said that they placed infants on their backs when they put them to sleep.<sup>1</sup>
- ❖ Black and Hispanic mothers were less likely than other mothers to place their babies to sleep on their backs. Mothers not receiving Medicaid were significantly more likely to place their babies on their back when they put them to sleep (about 71%) compared to Grant recipients (about 55%) and other Medicaid recipients (about 61%).<sup>1,a</sup>
- ❖ Women age thirty and older were more likely than younger women to report they generally placed their infants on their backs to sleep.<sup>1</sup>
- ❖ The Healthy People 2010 objective is for 70% of healthy full-term babies to be put down to sleep on their backs.<sup>2</sup>

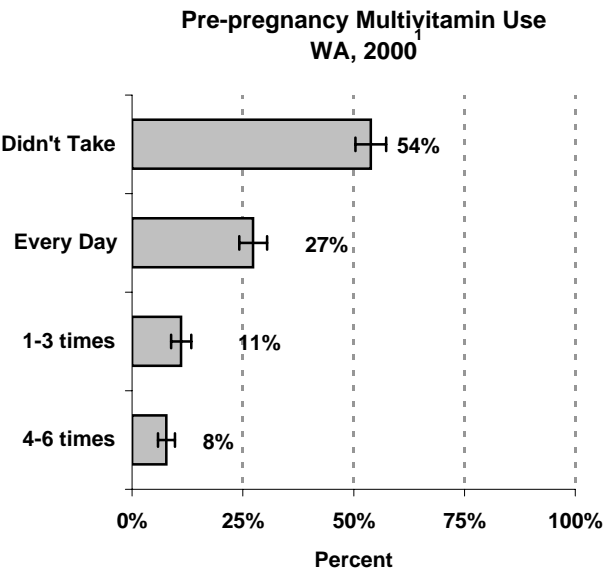
### Postpartum Birth Control

- ❖ Nearly 80% of mothers were using birth control when surveyed 2-5 months postpartum.<sup>1</sup>
- ❖ Women ages less than 25 were more likely than older women to report using postpartum birth control. White, American Indian/ Alaska Native, and Black women were more likely than other races to report using postpartum birth control.<sup>1</sup>
- ❖ There was no significant difference in postpartum birth control use between Grant recipients (about 76%), other Medicaid recipients (about 81%) and mothers not receiving Medicaid (about 79%).<sup>1</sup>

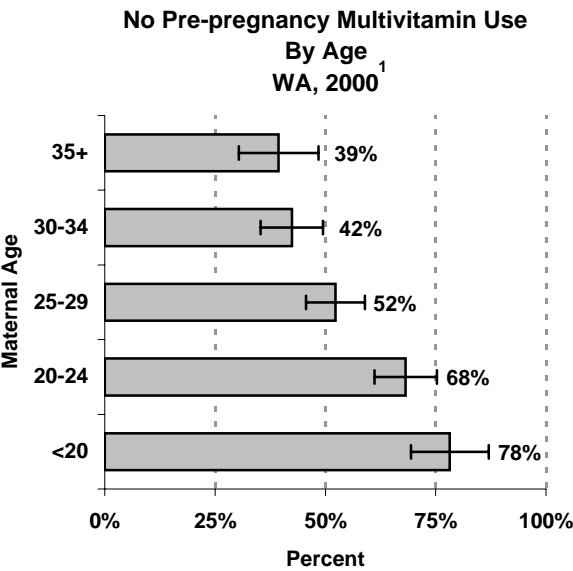
Perinatal Behaviors (cont.)

Multi-Vitamin Awareness and Use

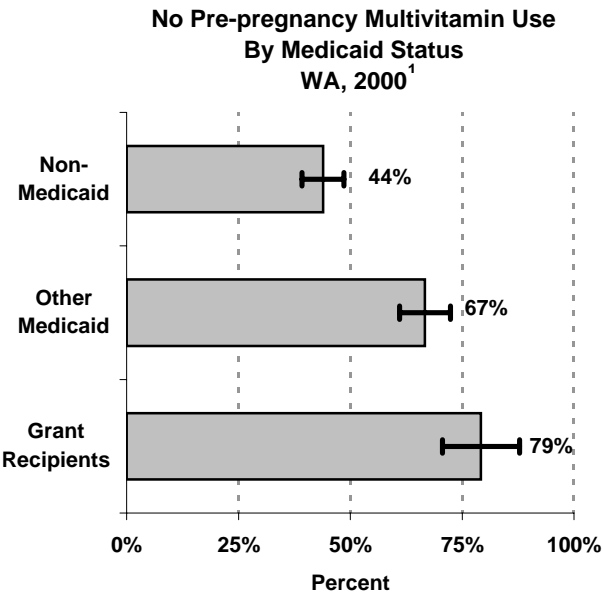
Overall



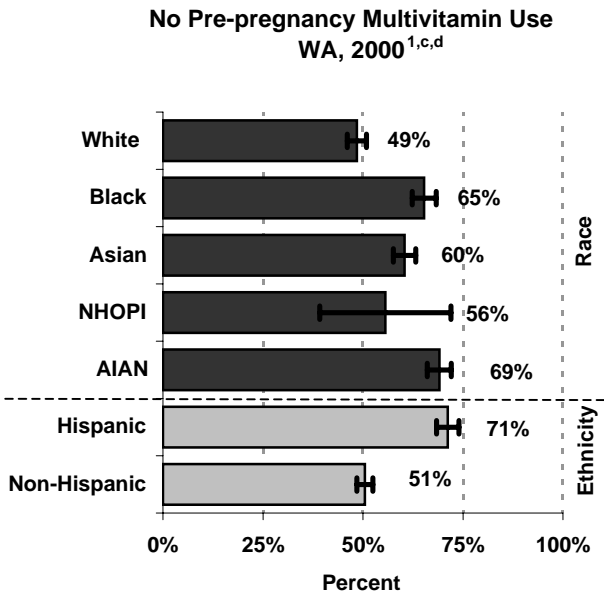
Maternal Age



Medicaid Status<sup>\*,b</sup>



Race and Ethnicity

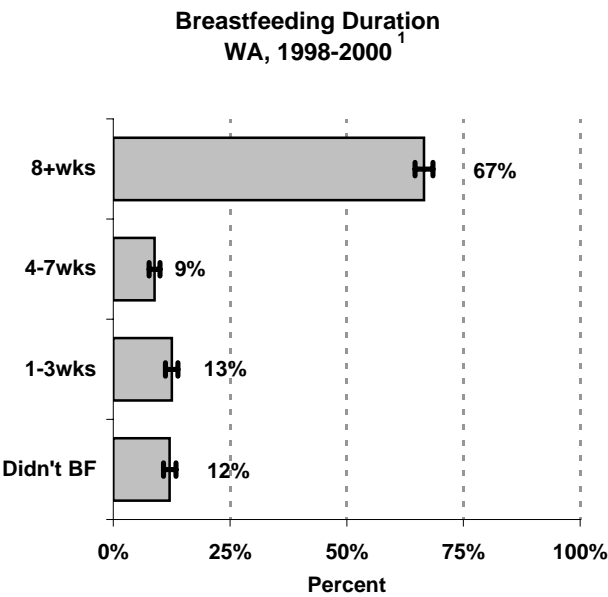


<sup>\*</sup>Medicaid women had either prenatal care or delivery paid by Medicaid. Medicaid women include those who are very low income and receive cash assistance (TANF) in addition to Medicaid [**Grant Recipients**] and those who receive Medicaid with no cash assistance [**Other Medicaid**].

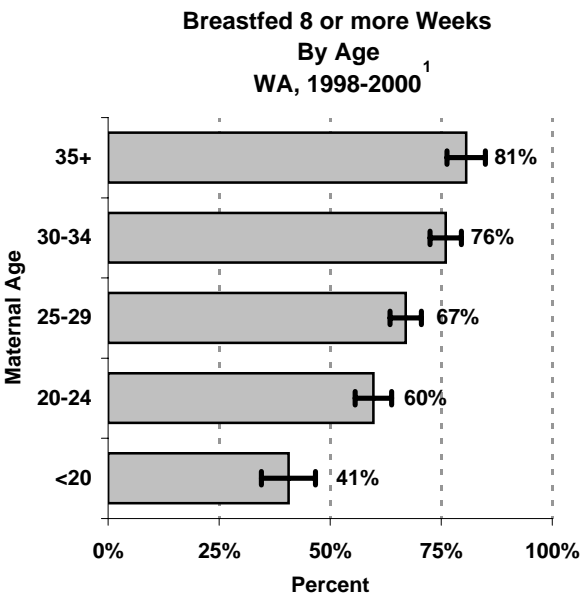
Perinatal Behaviors (cont.)

Breast Feeding Duration

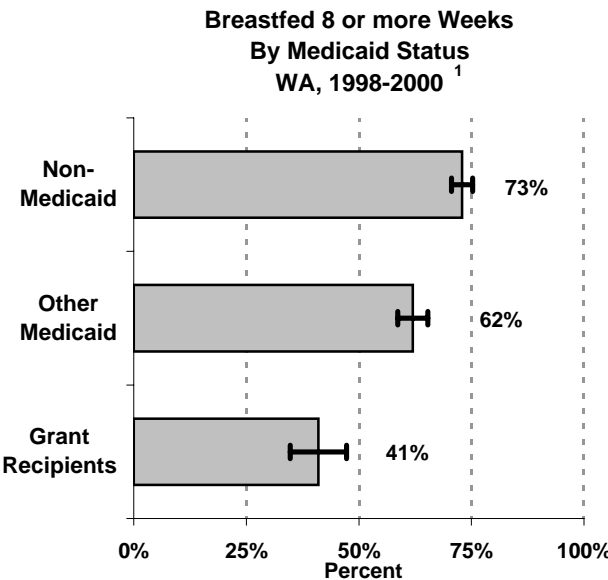
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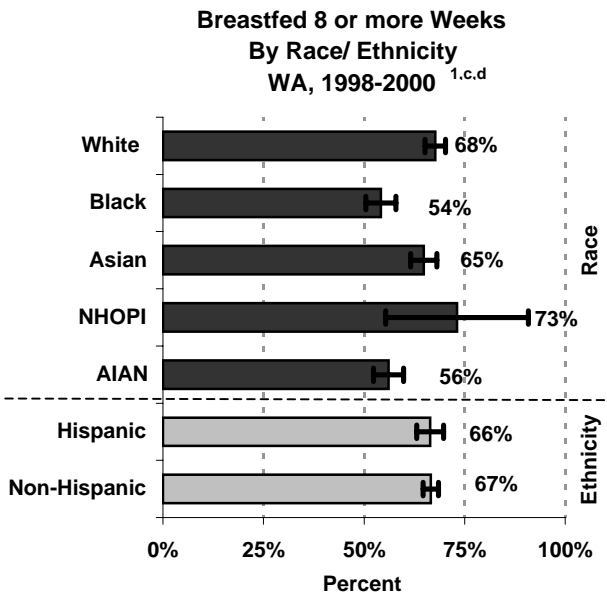
Maternal Age



Medicaid Status<sup>\*,b</sup>



Race and Ethnicity

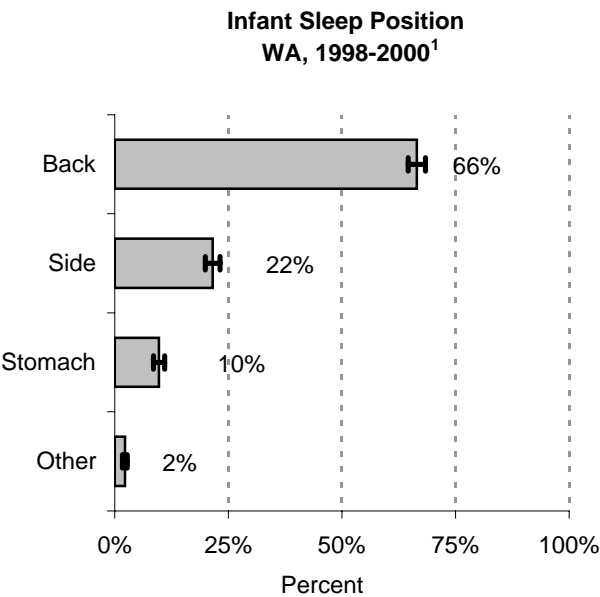


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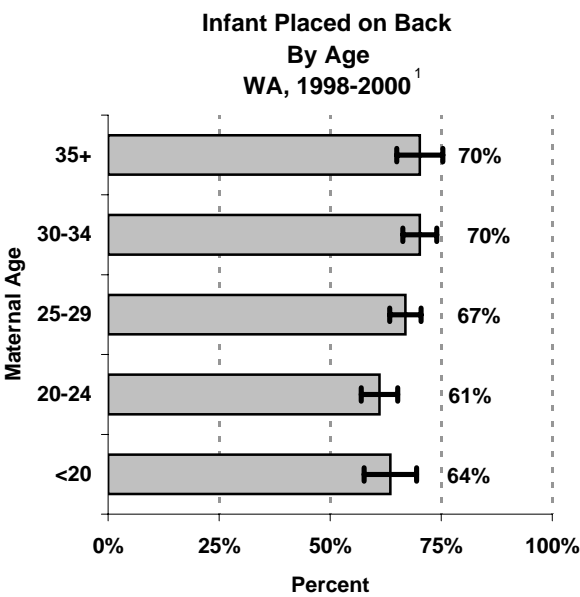
Perinatal Behaviors (cont.)

Sleep Position

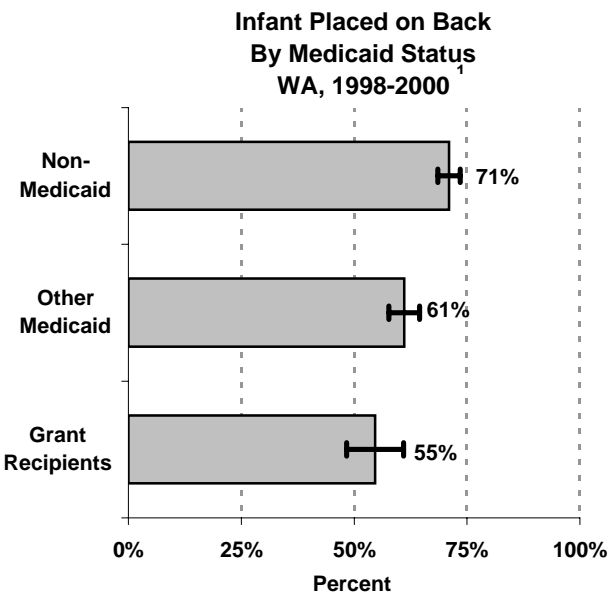
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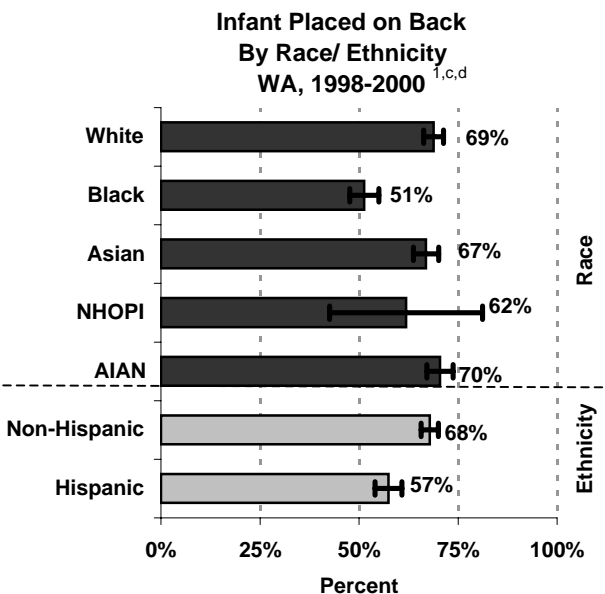
Maternal Age



Medicaid Status<sup>\*,p</sup>



Race and Ethnicity

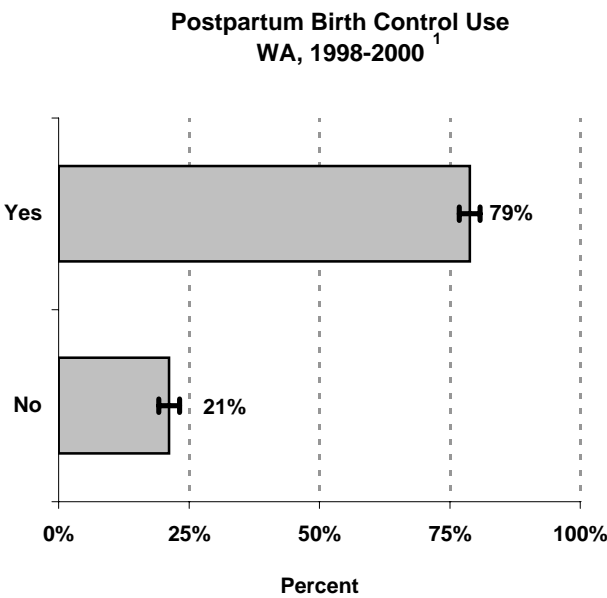


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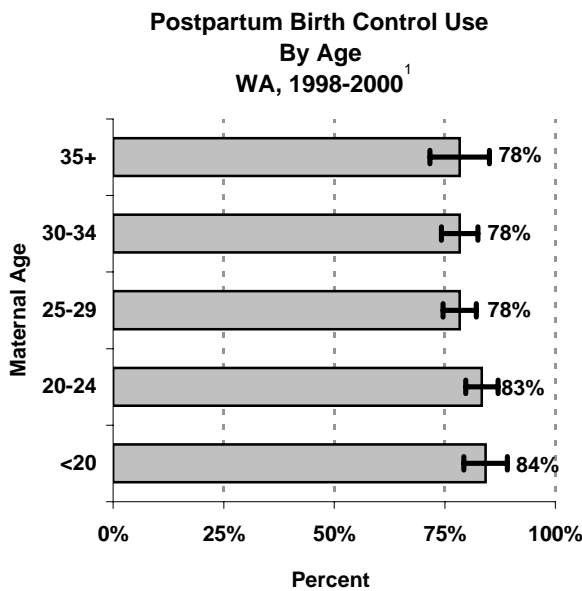
Perinatal Behaviors (cont.)

Postpartum Birth Control

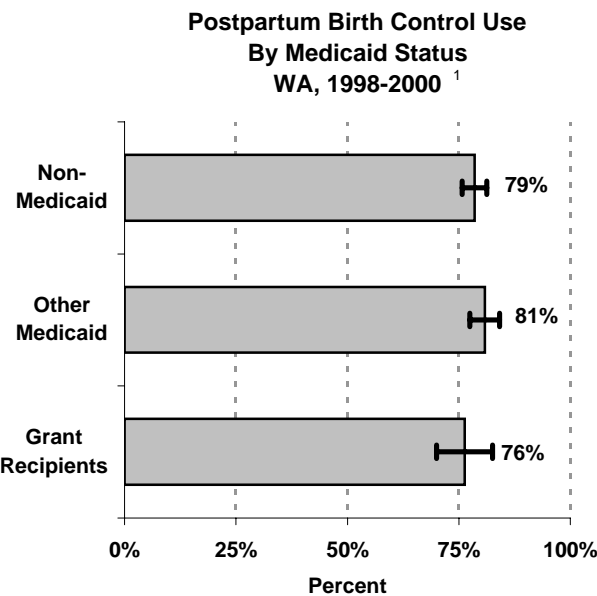
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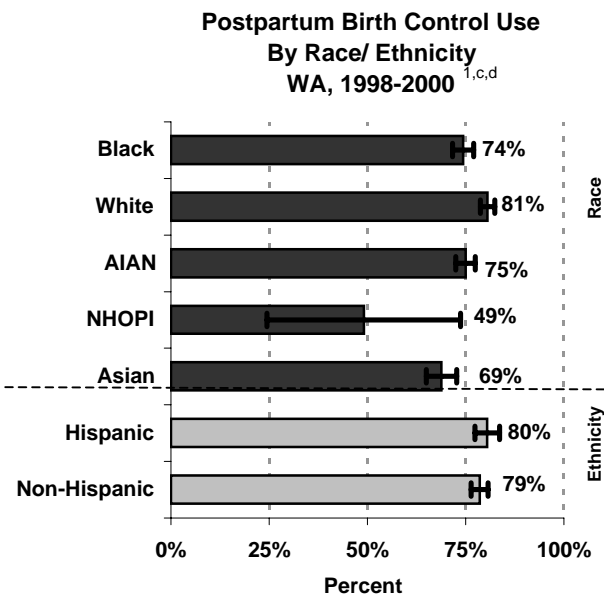
Maternal Age



Medicaid Status<sup>\*,b</sup>



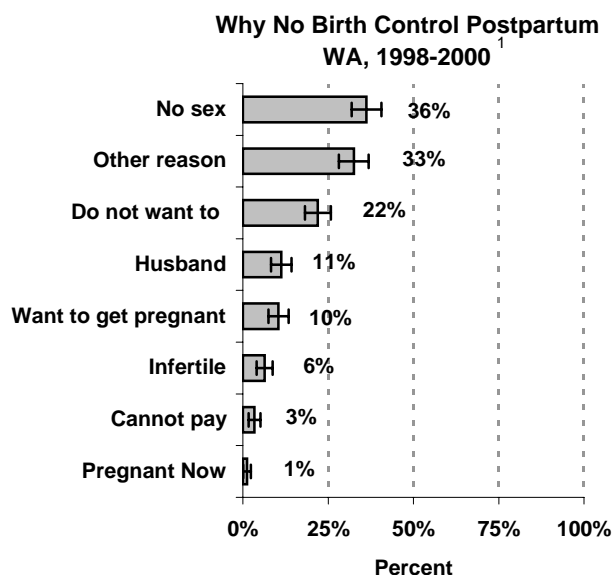
Race and Ethnicity



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## Perinatal Behaviors (cont.)

### Reasons for No Birth Control Postpartum



#### Data Sources

<sup>1</sup> Pregnancy Risk Assessment Monitoring System (PRAMS), 1998 - 2000.

<sup>2</sup> Department of Health and Human Services (US). Healthy People 2010: Understanding and Improving Health. 2nd edition. Washington, DC: US Government Printing Office; November 2000.

#### Endnotes

<sup>a</sup> Significance is based on 95% Confidence Intervals.

<sup>b</sup> The source for the Medicaid designations used in PRAMS is the Washington State Department of Social and Health Services, First Steps Database.

<sup>c</sup> AIAN American Indian Alaskan Native

<sup>d</sup> NHOPI - Native Hawaiian Other Pacific Islander